

## **EXPLORING THE TIMELINE**

*by Lee Stone*

*Lee Stone is a residential trainer with TMI. Through his private counseling practice, he has been doing past-life regressions since 1976 and began utilizing Hemi-Sync for regression therapies in 1987. Lee has facilitated thousands of regressions in one-on-one sessions and through group workshops in the United States, England, and the Middle East.*

If you could travel to any time or place, when and where would you visit? Many of us have an affinity for different cultures or geographic locations. These attractions are often intuitive indicators for other selves and other lives. We have all had many past lives. In *Far Journeys*, Bob Monroe wrote of discovering numerous past lifetimes, the most recent as a Catholic monk who lived in a small monastery in Coshocton, Pennsylvania. You can now re-experience your own past lives through the support of the Hemi-Sync technology.

Utilizing the Focus 15 state of consciousness, which Bob designated as “beyond time,” The Monroe Institute is now offering a new graduate residential program called TIMELINE. TIMELINE participants will go on adventurous excursions across time to explore other selves in ancient civilizations. I once inquired about where Bob Monroe and I had previous lives together. One of several that I re-experienced was a life about 3,500 years ago in the Aztec culture where Bob was a high priest and I was a female in the extended royal court. The next time I saw Bob, I asked him about this life together and he confirmed it.

TIMELINE program participants will have the opportunity to better understand the underlying dynamics of significant current (local-time) relationships with husbands and wives, parents and children, and friends and adversaries. There will also be program exercises to discover the origins of natural talents or abilities, as well as limiting beliefs and recurring emotions.

A change in perspective based on knowledge of previous lives can open completely new potentials for growth and change. A woman named Peggy became aware that she consistently chose romantic partners that abandoned her and triggered strong feelings of hurt and fear. When we sought the origins of her feelings of abandonment, Peggy went back in time to her younger twenty-three-month-old self in a New York grocery store where her mother was shopping. Peggy’s mom absentmindedly walked around the end of the aisle looking for a loaf of bread. In the same moment, as little Peggy looked up and realized that she was alone, she shifted into another self that was four years old, holding a rope-handled bucket and climbing a steep incline in the year 1865. Along with an eight-year-old sister and a twelve-year-old brother, she was on her way to pick berries in the mountains near the French and Swiss border.

Wandering away from her siblings, she eventually became lost in the forest and ended up dying of starvation. Little Peggy then connected this experience with her local-time self, and it became absolutely true for her that if she were left alone she would die. Having brought these buried memories to consciousness, Peggy understood how she had been acting out the Swiss girl's abandonment throughout her life and was able to release those fears—creating a future full of new potential.

Knowing other selves in other times can create lasting shifts in how one thinks of the local-time personality and experiences. It can open up new levels of clarity and creative decision making in daily life. TIMELINE participants will also be guided to explore their own personal future in order to gain new insights into what is uniquely possible for them to actualize in their remaining local-time life.

Hemi-Sync® is a registered trademark of Interstate Industries, Inc.

© 2002 by The Monroe Institute